

# Sunrise

A monthly magazine for the Parish of the Resurrection, Alton



**October 2020**

A donation  
will be appreciated



# ***The Parish of the Resurrection, Alton***

**Vicar: Reverend Andrew Micklefield, 88794**

St Lawrence Vicarage, Church St, Alton GU34 2BW

## **Sunday Services**

**Details of Sunday services for the month can be found on the Page 10.** You will find that there is a variety of services intended to meet the needs of people of many different ages and backgrounds. You are welcome to worship with us.

## **Family Worship**

The church wants to make it as easy as possible for families with children to become part of the worship life of the church. To find out more contact one of the clergy.

## **Marriage and Baptism Enquiries**

Enquiries should be made to the Parish Office by telephone 83234 or by calling at the Parish Office or email: [potr.alton@btinternet.com](mailto:potr.alton@btinternet.com)

## **Parish Centre Bookings**

It is possible to book St Lawrence Parish Centre or All Saints Parish Hall for functions and other events. Bookings for all Church Buildings and Halls should be made to the Parish Office.

## **Parish Administrator**

Philippa Penfold 83234  
Ellie Elder

## **Secretary to PCC**

Philippa Penfold

## **Treasurer**

Colin Aiken

## **Associate Vicar**

Revd Gordon Randall 549567  
[gordon.randall@sky.com](mailto:gordon.randall@sky.com)

## **Assistant Priests**

Revd Joy Windsor 07730 168291  
Revd Lynn Power 07850 232995  
Revd Rachel Sturt 07411 384496  
Revd Martin East 549595

## **Anna Chaplain to Older People**

Debbie Thrower 83234  
Rachel Sturt 01252 710968

## **Churchwardens**

Alan Armstrong 88971  
Keith Arrowsmith-Oliver 542135  
Tim Duddridge 542451  
Derek Gurney 86339  
Jenny Lawrence 84858  
Angie Briggs 544138  
John Vivian 07535 188475

## **Deanery Synod Representatives**

Derek Gurney Peter Bell  
Tori Hewitt Elspeth Gurney  
Lisa Hillan

## **PCC Special Interest Members**

Sarah Neish (St.P)  
Wendy Burnhams (All S)  
Robin Kemp (SL)

## **Parish Donations Coordinator**

Tim Sturt 01252 710968

## **Pastoral Visiting**

c/o The Ministry Team via the Office

**Parish Office: Tel. 83234**

Email: [potr.alton@btinternet.com](mailto:potr.alton@btinternet.com)

**Open Monday to Friday**

**9.30am-12.30am**

**Parish Web Site:**

**<http://www.potr-alton.co.uk>**

**This month's cover picture is  
Samarés Manor, Jersey**

## St Lawrence Church

### Director of Music

Tony Willman 543628

### Organist

Will Nisbet

### Head Server

Clive Muller 86064

### Captain of the Bell Tower

Matthew Watts 543886

### Teddy Bears

Sarah Broadbent 85247

### The Lighthouse

Fiona Micklefield 88794

## All Saints Church

### Organist & Choir Leader

Ken Jackson

### Bellringing

Matthew Watts 543886

### Sacristan

Priscilla Inkpen 768941

## St Peter's Church Beech

### Secretary

Jeremy Cunningham 561059

### Organist

Gloria Wills 542683

### Sacristan

Annis Mendham 83501

## Church of the Holy Rood

### Organist & Musical Director

Andrew Hinde 84056

### Bellringing

Rob Law 544865

### Flowers

Ruth Randall 549567

### Sacristan

Vacant

## St Lawrence Organisations

### Community Market

Clive Muller 86064

### Traidcraft

Jo McGregor 87680

### Children's Society

Carol Williams 588565

## All Saints Organisations

### Hard of Hearing Group

Kate Dando 83514

### Children's Society

Judy Brown 82289

## St Lawrence (CE) Primary School

### Headteacher

Mrs. Dawn Casson 84400

### Chair of Governors

Paul Susans 84400

## Andrews' Endowed CE Primary School

### Headteacher

Mrs Maria Lloyd 83094

### Chair of Governors

Nigel Green 83094

## Other Organisations

### Busy Bees @ St Lawrence (Pre-school)

Alison 549831

### Rainbows, Brownies & Guides

Catherine Morgan cathmorg@outlook.com

### Organ Society

Tony Willman 543628

### Girls' Brigade (at Alton Methodist)

Kym Burgess 01252 334814

### Boys' Brigade (at Alton Methodist)

Pete Burgess 01252 334814

### DofE

David Allan 84739

# First thoughts . . .

## How to say 'Goodbye' well

In this, my last 'First Thoughts' for Sunrise, I wanted to think about the ways we often leave, depart, and finish a chapter, phase of the journey whatever you prefer to call it. As most of you will be aware by now, I have been appointed as Associate Priest (House for Duty) for the benefice of Blendworth, Chalton, Idsworth with Rowland's Castle. The licensing date has been set for 5<sup>th</sup> December and the house move will be sometime at the beginning of November.

It seems time, then, to reflect on my time here and what I will be going to as the Good Shepherd moves me on to pastures new.

I have had a wonderful time being part of the family of God in Alton; as a member of the St Lawrence congregation; a member of the choir; being allowed to run a Youth Choir; encouraged to seek ordination; all these things are major highlights of my time over the past 23 years, since I realised that teaching couldn't be the absolute centre of my existence. Of course, I had come back after a short hiatus; I had previously been part of life in the church family as I had been growing up and the welcome I received on coming back was brilliant.

This has been proved over and over – culminating in the overwhelming support when I was ordained and took my first tentative steps into ministry. You have been there all the way and I thank each and every one of you from the bottom of my heart.

I go to a new benefice, where there are new challenges facing a fresh-faced ministry team; Vickie, my new incumbent has only been in place for a year and Richard, whose parish is next door, was only installed a week before lockdown. If there were many challenges facing us before, I don't think any of us, when studying together at Ripon College, Cuddesdon, could have imagined the current situation. However, it's an exciting prospect, to be in at the start of a new venture.

This has been a rather long goodbye and it reminds me of the parting of Elisha and Elijah in 2 Kings Chapter 2. Both of them know that the Lord is about to take Elijah up into heaven, but the leaving is stretched out rather painfully as the two journey first to Bethel, then Jericho and after that, crossing the Jordan. Elisha does not want to part from Elijah although he knows that it will happen that day; he's not helped by the company of prophets, constantly coming up and telling him that Elijah is going away. "Be silent," he says. As they continue to walk, Elijah asks if Elisha has any last requests and Elisha asks for a double share of his spirit – as elder sons of Jewish families would traditionally expect. After the wind together with the chariots and horses of fire takes Elijah – Elisha does indeed receive his request – and he finds Elijah's mantle on the ground beside him. The most comical element of this is the company of prophets, who not believing what they have witnessed, volunteer to look for Elijah, just in case Elijah has been thrown down again, and go out for three days to look. Surprise, surprise, they don't find him and you hear Elisha's exasperation in his response:

“Did I not say to you, Do not go?”

Now I am sure that none of you will go up to Andrew and say, “Did you know that Joy’s leaving?” - that would be nonsense, but equally God will not leave a vacuum – a space empty; someone will come along and pick up the metaphorical mantle. Equally, it’s no good going out to look for something that has gone – much as we would like to preserve things as they are – change is inevitable – it’s how we deal with it that’s the key.

Surely, it is part of our discipleship not just to anticipate the Kingdom of Heaven but also to make the most of our time in God’s service in our short lifetimes? In his farewell in Acts Chapter 1, Jesus calls us to be witnesses “to the ends of the earth” thus it means that we will all be scattered but we still know that we are all brothers and sisters – all part of the same family. So let us draw strength from that.

Thus if we don’t meet again – Goodbye and God bless.

*Joy*



St John's Rowland's Castle



St Huberts Idsworth



Holy Trinity Blendworth



Inside St Michaels Chalton

## Bible Readings for the month of October

Taken from the Church of England lectionary – readings to use daily

Thursday 1st	Psalm 57	1 Kings 18: 1-20	Acts 20: 17-end
Friday 2nd	Psalm 51	1 Kings 18: 21-end	Acts 21: 1-16
Saturday 3rd <sup>h</sup>	Psalm 68	1 Kings 19	Acts 21: 17-36
<b>Sunday 4<sup>th</sup> Trinity 17</b>	Philippians 3: 4b-14		Matthew 21: 33-end
Monday 5 <sup>th</sup>	Psalm 71	1 Kings 21	Acts 21: 37-22: 21
Tuesday 6 <sup>th</sup>	Psalm 73	1 Kings 22: 1-28	Acts 22: 22-23: 11
Wednesday 7 <sup>th</sup>	Psalm 77	1 Kings 22: 29-45	Acts 23: 12-end
Thursday 8 <sup>th</sup>	Psalm 78: 1-39	2 Kings 1: 2-17	Acts 24: 1-23
Friday 9 <sup>th</sup>	Psalm 55	2 Kings 2: 1-18	Acts 24: 24-25: 12
Saturday 10 <sup>th</sup>	Psalm 76	2 Kings 4: 1-37	Acts 25: 13-end
<b>Sunday 11<sup>th</sup> Trinity 18</b>	Philippians 4: 1-9		Matthew 22: 1-14
Monday 12 <sup>th</sup>	Psalm 80	2 Kings 5	Acts 26: 1-23
Tuesday 13 <sup>th</sup>	Psalm 89: 1-18	2 Kings 6: 1-23	Acts 26: 24-end
Wednesday 14 <sup>th</sup>	Psalm 119: 105-128	2 Kings 9: 1-16	Acts 27: 1-26
Thursday 15 <sup>th</sup>	Psalm 92	2 Kings 9: 17-end	Acts 27: 27-end
Friday 16 <sup>th</sup>	Psalm 88	2 Kings 12: 1-19	Acts 28: 1-16
Saturday 17 <sup>th</sup>	Psalm 97	2 Kings 17: 1-23	Acts 28: 17-end
<b>Sunday 18<sup>th</sup> Trinity 19</b>	2 Timothy 4: 5-17		Luke 10: 1-9
Monday 19 <sup>th</sup>	Psalm 98	2 Kings 17: 24-end	Philippians 1: 1-11
Tuesday 20 <sup>th</sup>	Psalm 106	2 Kings 18: 1-12	Philippians 1: 12-end
Wednesday 21 <sup>st</sup>	Psalm 111	2 Kings 18: 13-end	Philippians 2: 1-13
Thursday 22 <sup>nd</sup>	Psalm 115	2 Kings 19: 1-19	Philippians 2: 14-end
Friday 23 <sup>rd</sup>	Psalm 139	2 Kings 19: 20-36	Philippians 3: 1-4: 1
Saturday 24 <sup>th</sup>	Psalm 121	2 Kings 20	Philippians 4: 2-end
<b>Sunday 25<sup>th</sup> Last after Trinity</b>	1 Thessalonians 2: 1-8		Matthew 22: 34-end
Monday 26 <sup>th</sup>	Psalm 126	2 Kings 21: 1-18	1 Timothy 1: 1-17
Tuesday 27 <sup>th</sup>	Psalm 132, 133	2 Kings 22: 1-23: 3	1 Timothy 1: 18-end of 2
Wednesday 28 <sup>th</sup>	Psalm 116	Wisdom 5: 1-16	Luke 6: 12-16
Thursday 29 <sup>th</sup>	Psalm 143	2 Kings 23: 36- 24: 17	1 Timothy 4
Friday 30 <sup>th</sup>	Psalm 144	2 Kings 24: 18-25: 12	1 Timothy 5: 1-16
Saturday 31 <sup>st</sup>	Psalm 147	2 Kings 25: 22-end	1 Timothy 5: 17-end

## ***Prayers for October 2020***

For the health workers tending the seriously ill  
for the scientists working on a vaccination  
for the researchers analysing data and identifying trends  
for the media outlets working to communicate reality  
for the supermarket workers, hygiene and sanitation providers  
for the good news stories of recoveries and effective planning  
for the singing from balconies by locked-down communities  
for the recognition that isolation doesn't need to mean loneliness  
for the notes through letterboxes offering help and support  
for the internet and telephones and technology that connects  
for the awakened appreciation of what is truly important  
Thanks be to God.

For those who are unwell and concerned for loved ones  
for those who were already very anxious  
for those immune suppressed or compromised  
for those vulnerable because of underlying conditions  
for those in the 'most at risk to coronavirus' categories  
for those watching their entire income stream dry up  
for those who have no choice but to go out to work  
for those who are afraid to be at home  
for those who are more lonely than they've ever been  
for those who are bereaved and grieving.  
God be their healer, comfort and protection,  
be their strength, shield and provision  
be their security, safety and close companion

And raise up your Church  
to be your well-washed hands and faithful feet  
to be present to the pain  
to respond with love in action  
if even from a safe distance.

Amen.

'Love...bears all things,  
believes all things,  
hopes all things,  
endures all things.  
Love never ends.'  
(1 Corinthians 13:7-8)

Loving God,  
strengthen our innermost being  
with your love that bears all things  
even the weight of this global pandemic  
even the long haul of watching for symptoms  
of patiently waiting for this to pass  
watching and waiting,  
keeping our gaze fixed on you,  
and looking out for our neighbours  
near and far.

Instil in our shaken souls  
the belief and hope that all things  
are possible with your creative love  
for strangers to become friends  
for science to source solutions  
for resources to be generously shared  
so everyone, everywhere, may have what they need  
for your perfect love that knows no borders  
may cast out any fear and selfishness that divides.

May your love that never ends  
be our comfort, strength and guide  
for the wellbeing of all and  
the glory of God.  
Amen.



**Proclaiming the Risen Jesus**  
**Steadfast in faith**  
**Active in service**

*Come and worship with us or find out about the  
Christian faith - we are a vibrant community of  
four churches in Alton, Holybourne and Beech*

**We are part of the Church of England, Diocese of Winchester and in covenant  
partnership with Alton Methodist Church.**



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**References available**

**Tel Carol 07753178468**

**Email c.may981@btinternet.com**

## **October Services in the Parish of the Resurrection**



### **4th October**

9.15am	Holy Communion	St Peter's	
9.30am	Morning Worship	Holy Rood	
10.30am	Morning Worship	St Lawrence	
10.30am	Holy Communion	All Saints	Harvest

### **11th October**

9.15am	Morning Worship	St Peter's	Harvest
9.30am	Holy Communion	Holy Rood	Harvest
10.30am	Holy Communion	St Lawrence	Harvest
10.30am	Morning Worship	All Saints	

### **18th October**

9.15am	Holy Communion	St Peter's	
9.30am	Morning Worship	Holy Rood	
10.30am	Morning Worship	St Lawrence	
10.30am	Holy Communion	All Saints	

### **25th October**

9.15am	Morning Worship	St Peter's	
9.30am	Holy Communion	Holy Rood	
10.30am	Holy Communion	St Lawrence	
10.30am	Morning Worship	All Saints	

### **Every Tuesday**

7.00pm	Holy Communion	St Lawrence	
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### **Every Wednesday**

9.30am	Holy Communion	All Saints	
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### **Tuesday 6th - Organ Concert**

**Parish of the Resurrection  
St Lawrence Mini Market  
In the Parish Centre Car Park**

**Saturday 3rd October  
9.30 to 12.30**

**Books, Puzzles, Tombola, Produce, etc**

The Mini Market held on 5th September raised £313.96

*(All government guidelines relating to COVID-19 will be adhered to)*

### ***News from Alton Methodist Church***

Alton Methodist Church opened up again for worship in early September, starting with a weekly 'Pause for Thought' session on Wednesdays, which will be joined by Sunday services from October. As you can appreciate, places are limited to allow for social distancing, so please book a place if you would like to attend.

**Pause for Thought** is 20-30mins each Wednesday at 11am for reflective music, bible reading, short talk and prayers - email [altonmethodist@hotmail.com](mailto:altonmethodist@hotmail.com) to book a seat and for Track & trace requirements.

**Sunday Worship** begins again in church from October 4th at 10am with the first service, led by Rev Philip Simpkins, centred around a harvest theme - email [altonmethodist@hotmail.com](mailto:altonmethodist@hotmail.com) to book a seat and for Track & trace requirements.

The weekly online services will continue for now, in parallel with church based worship, and can be accessed from the church website [www.altonmethodist.org.uk](http://www.altonmethodist.org.uk).

## ***Harvest Celebrations***

At this time of the year we usually celebrate Harvest Festival in our churches, schools and around the community. This year will not be any different and we will have a special Online Worship for Sunday 27th September put together by our Parish Eco Group, and there will be a Sunday service in each church dedicated to a harvest theme. These will be on Sunday 4th October in All Saints and on Sunday 11th October in all the other churches. Of course spaces are limited at the moment for our 'in church buildings' services. Therefore The Ministry Team thought it appropriate that we offered some other ways to celebrate.

For families particularly (but we wouldn't stop anyone joining in) there will be the Big Harvest Scavenger Hunt on the afternoon of Sunday 11th October. Nearer the time we will distribute a list of items to collect on a Sunday afternoon walk/ramble and ask that you don your walking shoes and go off and find them. There will be people outside St Lawrence Church and The Church of the Holy Rood to greet you at the end of your walk so that you can show off your collection and for you to receive your reward!

We will run a creation/harvest photo and artwork exhibition. Get your camera ready to take that awesome shot of something that shows something of God's beautiful creation or maybe there is a piece of artwork you'd like to offer that does the same. It is our hope that during October these can be displayed in the window of the Resurrection Furniture shop so that many people in our community will see. We will publish more details once all the details are put together.

Why don't you put a Harvest Wreath or Decoration on front door or front gate for others to see? With this article are some ideas of how you might put one of these together - thank you Philippa! Have a go at making one putting a Bible verse or line from a Harvest hymn in there as well. Be as creative as you like. What a wonderful witness these will be for our community.

Come, ye thankful people come! All good gifts around us are sent from heaven above! Then thank the Lord for all his love!

*Andrew*

## ***Harvest Donations for the Womens Refuge***

For the past few years the Parish has been exceptionally generous in donating gifts over the Christmas period for the local Womens' Refuge. Despite an extra strain on their resources at the present time they are not able to accept goods this year. However they would be most grateful for any monetary donations.

As we celebrate Harvest this year during October we encourage you to support the vital work of the Refuge.

(Continued on Page 13)

We have set up a Golden Giving fundraising page (as we have done for other things over the past few months) at: <https://www.goldengiving.com/wall/parish-of-the-resurrection-alton> , or cheques can be made out to ' The Parish of the Resurrection Alton' and write "Womens Refuge' on the back, and on the envelope before giving it to Tim Sturt - this can be via St Lawrence Vicarage.

*Thank you for caring. Peta Sutherland*

## ***Celebrating Harvest***

***“Celebrate the Festival of Harvest with the first fruits of the crops you sow in your field. “Celebrate the Festival of Ingathering at the end of the year, when you gather in your crops from the field.”***

*Exodus 23:16*

### **How to make a Harvest wreath**

#### **Materials:**

- Wire wreath frame
- Florist wire
- Leaves, berries, pine cones and seasonal flowers and fruits
- Brown garden twine



#### **Method:**

Step 1) Separate the leaves and berries into small bunches. Lay in the middle of a 20cm length of florist wire. Twist the middle section around the stems, leaving the wire ends like a hair pin. Do the same with berry and flower clusters and pine cones.

Step 2) Starting with the foliage, secure the leaves to the frame with florist wire adding leaf bunches at intervals around the frame. Remember to check for gaps and spaces.

Step 3) Next add the clusters of berries, flowers and cones, spacing them at regular intervals.

Step 4) Finally add bows of garden twine around the wreath.

***“yet it stores its provisions in summer and gathers its food at harvest.”***

*Proverbs 6:8*

## How to make a simple Autumn Wreath

### Materials:

- A plain wicker wreath
- PVA glue
- A selection of different coloured leaves
- Some garden string

### Method:

Apply PVA glue liberally over the wreath and arrange leaves on top. Loop some string around it once the glue had dried and hang it from your front door. It should last a couple of days until the leaves curl.



If you want to make a wreath that lasts longer then

it is a really good idea to preserve your leaves. In order to do this first, you press your leaves for 12 hours between a book. Next spread newspaper onto your table, then cover the top side of your leaves with watered down PVA glue, then leave to dry. Your leaves should be preserved and last really well once placed on your wreath.

## How to create Autumn Art

### Materials:

- Autumn leaves and sticks and berries
- Coloured card
- PVA glue



### Method:

Go out on a lovely walk amidst the autumn leaves and find your materials! Come home and make a nice cup of tea/hot chocolate, and then stick them onto the coloured card in pictures and patterns. Hang them in your window to be admired.

***“They do not say to themselves, ‘Let us fear the LORD our God, who gives autumn and spring rains in season, who assures us of the regular weeks of harvest.’ ”***

*Jeremiah 5:24*

## How to make a simple Harvest Garland

### Materials:

- 100% cotton string or burlap twine
- A selection of autumnal decorations – such as conkers, leaves, and flowers. If you can find them, Chinese lantern flowers (*Physalis Alkekengi*) look a little like pumpkins and really brighten up the display.
- A bradawl, thin screwdriver or sharp scissors.

### Method:

An adult will need to make the holes through any conkers used with a sharp bradawl or thin screwdriver. But then after that it is then very easy for a child to thread the leaves, flowers and conkers onto the string or burlap twine. So this is a brilliant family activity.

- **TIP 1** – tie a knot before and after threading a conker – to prevent them from drifting too far out of place.
- **TIP 2** – make 2 small slits towards the tops of the leaves rather than in the middle – which stops the leaves from twirling too much when threaded in place.
- It is very easy to thread the leaves when moist- don't wait too long before threading collected leaves or they dry out and become brittle.

***“Six days you shall labour, but on the seventh day you shall rest; even during the ploughing season and harvest you must rest. “Celebrate the Festival of Weeks with the first fruits of the wheat harvest, and the Festival of Ingathering at the turn of the year. “***

*Exodus 34:21-22*



## **Notes from a Locked Down Choir**



My castaway this month is Christopher Lawrence, our esteemed deputy mayor and wandering minstrel. We never know where Christopher is going next to lend his vocal alacrity to some lucky choir! Married to the lovely, ( and very patient Louisa), Christopher is a man of many interests but music and singing has to be top of his list. He lives and breathes it in. So much so that I suspect Louisa has no idea where he is half the time. He's like the scarlet pimpernel! His choice of Desert Island Discs follows:

### **Let The Bright Seraphim - Handel, and Greater Love Hath No man - John Ireland**

I sang both of these regularly during the 7 years I was at Truro Cathedral , firstly as a boy and then man treble (Counter Tenor) Amazing pieces. The resonance at Truro goes on and on which is perfect for the Handel.

**A Song for You - The Carpenters** - the words say it all especially saying goodbye to somebody you've loved in your life.

**Thank you for the music - ABBA** Words say it all - If there was no music in my life.....well it's hard to describe.

**B Minor Mass - J S Bach** - The greatest choral work ever written. The Domine Deus gets me every time I listen to it especially the flute part with those chromatic moves in the upper register.

**How Lovely are they dwellings fair - Brahms** - I performed this in Truro Cathedral as part of the Brahms Requiem in around 1981 with an Orchestra conducted by Richard Hickox. We choristers made up the treble line. I also sang it in German which was a big deal for us at that age and there were not that many big musical gigs in Truro at that time.

**Barcelona - Freddie Mercury and Montserrat Caballe** - Music Magic - Pop collides with classical with amazing music and voices.

**George Michael - Cowboys and Angels** - A great song from a great album . One of my singing heroes along with Annie Lennox from the 80s and 90s.

**Pearson - Ave Maria** - One great Baroque piece - the music just momentarily holds on the page at one or two magic moments and I love the intertwining of the music parts. It was one of 3 anthems sang at our wedding which was a bit of a music fest where I forbidden to sing in any of the anthems by Louisa! However I made up for that in the hymns.

Christopher's book would be Great Expectations by Charles Dickens and his luxury would be an endless supply of chocolate. I hope it doesn't melt in the heat!

He hasn't told me which disc he would save so I'm going to have to take a guess here. I reckon it might be... ABBA or BACH.

Those of you who are on the ball will have noticed that Christopher has picked 9 discs. However I'm going to allow him this as a special dispensation in these strange times. That and the fact I have to email this to Peter in 2 hours and I have no idea where Christopher is to ask him to take one out of his selection. Maybe we could start a new puzzle series where you have to find that illusive character in a red striped jumper, only this time he would be wearing a cassock and surplice!

Christopher, wherever you are, thank you for letting us hear your Desert Island Discs.

*Elaine Cook*

### ***Charity Christmas cards on the move***

Just when you thought it was safe to go back into Winchester Guildhall, the traditional Charity Christmas Card shop has relocated. The Tourist Information Centre was deemed too small to house all those cards as well as the TIC staff in these times of social distancing.



The former Whittards shop, just down the High Street from W.H.Smith, is the new all-singing, all-dancing Christmas Card destination. Opening on Monday 19 October, the shop will house a wide range of local and national charity cards to suit all tastes. An example of a local card in aid of the Southampton Paediatric Intensive Care Unit is shown here. Most of the cards in aid of national charities will be supplied by Cards for Good Causes.

The shop is also looking for volunteers to help man the unit; a lot of people will be needed to staff it every day from now until Christmas. If you think you could assist, please contact me, Cathy Wallis, on winchesterCFGC@gmail.com.

***Season's Greetings everyone!***

# Something Scrumptious

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## **News and Views from St Peter's Church Beech**

### **St Peter's Services post Lockdown and Covid 19 Testing**



As you can see, we have resumed services at St Peter's, as shown in the two anonymous pictures above. We opened our Sunday doors to congregants from the end of July, with Morning Service. Ten or eleven pre-booked seats were filled that day and gradually more and more seats have been occupied each week. On the second Sunday in September we had our first Eucharist and all available spaces were filled. Twenty-two of us were given bread and the Reverend Lynne Power took wine on behalf of us all. It is planned that our services will follow this pattern over the next few months, with Morning Service each Sunday except once a month when we shall have Communion. As you probably realise in these trying times all places must be pre-booked and the Reverend Lynne Power or our acting Warden, Sarah Neish, will take your bookings on the phone numbers given in Sunrise.

I'd now like to move on to the other over-riding happening in our lives of late, well, one aspect of it anyway. This will refer to our experience of testing for the omnipresent virus, Covid 19. Due to other matters of prudence and safety it was necessary to travel to our nearest testing station on the third Sunday in September. Now, we are more fortunate than many people whose stories of woe appear in our daily papers. We did not have to travel to Dundee, Lands End or John O'Groats for this experience. No, we merely had to get in our car and drive to Southampton. We had been given explicit directions to travel along the A31 and on via the M3 and the M27 (West) to the M271. Thereafter all we had to do was leave this motorway at the first junction and drive a short distance to Adanac Park. There we had been told, in writing, we should proceed to the Park and Ride and join the queue for the actual test. All went well until we tried to find the signs to the P & R but they had dried up and we were left in a desert in the middle of a sort of derelict industrial park. A very helpful receptionist in a nearby hotel re-directed us back to an earlier roundabout and we then had to guess our way onto a huge empty car park and drive towards a couple of prefabricated

huts that looked as if they had been erected in our honour. By this time we had gathered a motley collection of other lost souls who were also seeking a pre-booked testing spot. There was no-one in either of the spotless sheds and we went in search of a helpful NHS staff member.

We were extremely fortunate, we had allowed plenty of time for our quest and by now we were at the head of the queue, which by this time might have grown to a dozen vehicles. The testing was straightforward and two swabs later, with no temperatures having been called for, we were told that the results would be available shortly and if required we would be called forth and given further instructions. The two young NHS testers could not have been more helpful and were proficient, helpful and kind. If only the system could have been properly organized...

Looking back on the vast expanse of the huge car park, where I recalled there had been rugby pitches in my playing days, we could see perhaps a dozen or so slowly moving vehicles. The pictures and stories of desperate people shown in our recent daily Newspapers, searching forlornly for non-available testing stations, came readily to mind. One other relevant matter was that the Testing Station was so new that it did not appear on the Sat-Nav!

*Paddy Mendham*



Alton U3A The latest news and updates can be found on the website, for those who have computers. The news for those not on-line, is that Groups will not start again till after Registration Day, which cannot happen till after the AGM, which had to be cancelled. The Community Centre is reopening gradually, the café is opening on 20<sup>th</sup> July and will welcome the return of its patrons. If you know of those who do not have the inter-net, OR do not have a village magazine, please spread the word. Group Leaders will be the first to know of changes. We look forward to regrouping.

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## ***Eco Corner***

I have previously written about the hurdles to be overcome before a high level of electrification of road transport can be achieved. Aside from the massive upgrade of electricity supply, which will inevitably require some use of hydrocarbons as a fuel, World-wide, for many years to come, there are big challenges to be overcome in battery technology. This falls into perspective when you discover that the battery and its electronic control system is half of the cost of a complete electric car.

The good news is that the UK Government is putting £246M money into research and development addressing a 'Faraday Battery Challenge' and £80 M into creation of a UK Battery Industrialisation Centre. The challenge is aimed to lead to cost effective, high quality, durable, safe, low weight and recyclable batteries, the manufacturing of which is not of itself polluting. The targets are to get cost down to 1/3, energy density double, power density times 4, safety up, life to increase from 8 years to 25, Temperature range to increase from -30 to +60 up to -40 to +80 degrees C. Recyclability is to increase from today's 10-15%, to 95% for a complete battery pack including the associated electronics. The Faraday Challenge is indeed a massive challenge to science, engineering and manufacturing, emphasising the importance of increasing the number of students studying those subjects. The target date set for reaching the goals is 2035. Maybe then, using an electric car will indeed contribute to saving the World.

Although we had not done it before, the lockdown caused us to start ordering groceries for delivery. We were initially appalled at the number of high quality non-returnable plastic bags being used for each delivery. However, like many others it seems, the lockdown gave us time to get on with a major clearout of 'stuff' we had kept for years but never used. We packaged this in the grocery bags and joined the queues to deliver them to charity shops when lockdown was eased. We also used some of the bags to package rubbish and deliver it to the local recycling centre for use in energy recovery.

*Nigel Hughes*

## ***News from Holy Rood, Holybourne***

Well, another month has flown by and we are back in the habit of going back to the church building for regular Sunday morning services. It's been great to hear the organ played again; huge thanks go to the talented Andrew Hinde for playing for us. We may not be allowed to sing but there is a tuneful 'hum' as we consider the words of the chosen hymns. We are looking forward to being able to receive Communion in the coming weeks and the church building continues to be open for private prayer on Wednesday mornings and Saturday afternoons.

Gordon and I were fortunate to be able to go to Cornwall for a fortnight during this past month. In the past we have not been ones for returning to the same holiday destinations but since our sabbatical there in 2018 we have been back several times and we really appreciate knowing where the best places to walk/swim/picnic are! It was lovely to go back to the church in which we worshipped for those three months back in 2018; it really felt like being with another part of our church 'family'. We 'camped' in a house that was about to be sold so there was very little furniture, no TV, no cooker and no WiFi; all very relaxing. I completed a difficult jigsaw and read a couple of books; we also discovered that Gordon likes being read to! (We can recommend "The Beekeeper of Aleppo" by Christy Lefteri). If you missed Gordon's online midweek encouragement from week commencing 13 September do have a listen as he describes the most dramatic thing that happened while we were away...

Being away from all the busy-ness of daily life reminded me of a course we did at our previous church a few years ago called Lifeshapes and, in particular, the session on the rhythm of the pattern of work and fruitfulness, and then rest and abiding in God as portrayed by a semi-circle. If you would like to know more you will be able to find information online, or do have a word with us!

The churchyard at Holy Rood is looking as wonderful as ever; here's a picture of the fig tree!

*With best wishes from everyone at Holy Rood,*

*Ruth Randall*



## **Christians Against Poverty (CAP) - A Fresh Start**

Christians Against Poverty (CAP) has an established office in Alton serving people in need of help with debt.

We are very pleased to be able to offer a further **Fresh Start** course following on from successful courses over the last year.

**Fresh Start** helps people to break free from life-controlling habits such as smoking, gambling, eating disorders, internet or social media addiction, shopping addiction, binge drinking, pornography, soft drugs etc.

It's a free 8-week course pioneered by CAP, based on principles from the Bible and the 12-steps-of-recovery process, backed by 1-to-1 coaching and a support group of others wanting to tackle their dependencies.

For more information, see [www.capfreshstart.org](http://www.capfreshstart.org)

The next\_local course will start on Monday **October 5th** at the **AMC, Alton (Carmichael Room), 7:30-9pm**. It will be led by trained **Fresh Start** coaches.

If you want to be free of a controlling habit, join the Fresh Start course. It's free and completely confidential. Or if you know someone who has a dependency and wants to tackle it, recommend Fresh Start to them. Leaflets, posters and invitation cards are available from *myself*.

To register for the course, call Mark Rumsby on 07769 030913 or email [alton@capuk.org](mailto:alton@capuk.org) Places are limited.



### **A Prayer of Thanks**

For the fruits of His creation, Thanks be to God.

For his gifts to every nation, Thanks be to God.

For the ploughing, sowing, reaping, silent growth while we are sleeping

Future needs in earth's safe keeping, Thanks be to God.

For the wonders that astound us,

For the truths that still astound us,

Most of all, that God has found us,

Thanks be to God,

Amen

## **News From All Saints**

### **Alton All Saints Hard of Hearing Group**

The group will not recommence meeting until January 2021. In the event of the predicted winter spike of the virus this decision will be reviewed in December and members notified of future plans.

**PLEASE NOTE** - National Health hearing aid batteries are not available from the Community Hospital at present but may be obtained by phoning 01962 824437 requesting that the batteries be sent by post. There are also no Audiology clinics in Alton at present

NHS hearing aid batteries are however available from Specsavers, Alton (01420 593600) with no appointment necessary

### **Knitters Anonymous**

**Good news!** Thanks to the generous donations from our knitters we have been able to send seven bags of knitted blankets and clothing to The Médecins Sans Frontieres Lesbos Moira Camp Fire Appeal. If there are any more knitters out there that I have not been able to reach please get in contact so I can arrange to collect your offerings.

*Knitters Anonymous*



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The latest communication from the Bliss charity for babies born too soon, too small includes the following information -

**HATS** to fit an orange or grapefruit (apple too small, melon too big).

**JACKETS** to measure 5 to 8 inches across chest, though 7" is by far the best size.

**BOOTS** to be length of little finger, 2" to 2.5" no bigger please!

**SETS** of hat/boots/cardi to be in similar sizes – small, medium or large – and stitched together.

**BLANKETS** ideally 24 inches square or 24 x 30 rectangular, though a couple more or less is fine. Three hospitals will accept 18 x 18 square, two will accept 15 x 15.

**Many Thanks for all your donations!**

*Kate 83514*

## ***Greetings From Kettering***



Our move has been a long time in the working out, and a year since we bought the bungalow. It is now a week since the removal van left and there are at least some empty boxes, but very many more to go. The move itself went smoothly (well something had to), but the electrician turned up just as they had finished unloading.

We have been overwhelmed by all the good wishes, cards and emails we have received and especially the generous gift from the parish, not forgetting the large box of chocolate biscuits from St Peters. We managed to keep the grandchildren away from most of them

We have put the gift towards much-needed bookcases and bird feeders. The bookcases arrived a couple of days ago, and Margaret has unpacked most of the books, but is wondering which boxes the rest are in. The bird feeders arrived today, and will be put up in the next few days. Sitting watching the birds will us give much needed rest time.

Until restrictions are eased we are not going to be able to find the church where God wants us to worship. In the interim we will join POTR Sunday worship – a better offering than others round here.

God bless you all, and thank you for your support and fellowship

*Margaret and Peter Bell.*

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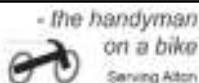


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## **News from St Lawrence CE Primary School**

What a buzz! It was so lovely to be able to welcome all our children back to St Lawrence CE Primary School on 3<sup>rd</sup> September. The school had been kept open throughout lockdown with staff caring for all the key worker children but this was the first opportunity that we were able to be all back together again. To hear the children laughing and playing on the playground was food for the soul.

The children are now taught in their year group bubbles with staggered starts, finishes, breaks and lunch. We are all washing our hands a lot too!

The children have coped brilliantly with all the new changes we have had to put in place and as part of our Wellbeing curriculum, we are setting aside time each day for the children to talk about their feelings, ask questions and to reassure them with some of them not having been in school for six months.

We are teaching a broad curriculum and at the moment our Year 6 children are working on an Understanding Christianity Unit titled “**Creation & Science: conflicting or complementary?**” This is a really deep and thought-provoking unit which I am looking forward to teaching. Just from the first week, I can see how keen the children are to discuss their ideas and find out more. I posed the title as an introductory question to get their initial thoughts. I thought just their ideas and questions alone were enough to read and consider perhaps what we would reply.....

Who created God?

Scientists say the Big Bang started everything but who created the Big Bang?

It's hard to believe God created the world in 7 days.

I think they are conflicting because you can't have two people making a whole human race and then evolution too.

What is God made up of?

Was evolution happening outside the Garden of Eden while Adam and Eve were inside?

I think they work together – Science created the Big Bang and God created everything else in the world.

When you think of God you think of peace, why would he create people that would kill other humans and animals? Why would he create people that are racist?

What if God created the core of the earth and then it worked as a magnet and brought in lots of rocks which then created the earth?

I think God is maybe trillions years older than the earth and he created the Big Bang which then formed earth.

I think God is not one person but three – God the Father and that is who created the world, God the Son and God the Holy Spirit – the Trinity.

*Fiona Micklefield*

## ***Luminosa's Youth Choirs Continue to Shine***

Throughout lockdown, Luminosa Young and Rising Voices have continued to rehearse enthusiastically each week on Zoom.

However, these young singers and their teachers are now excited to announce that they will be back singing face-to-face at The Maltings, Alton each Tuesday from September at 5.45pm. In a bid to acknowledge and thank frontline NHS staff and keyworkers, their repertoire will be well-known songs from movies and musicals, incorporating famous composers, classical and contemporary, to broaden the young singers' vocal experiences, all celebrating heroism in its many guises.

Rising Voices (ages 10-16) work on singing technique and stage presence, while Young Voices (ages 7-10) enjoy musical games, building on basic singing skills and confidence. All young singers learn to sing in a nurturing, caring environment where they can grow in individual confidence, form friendships, be part of something collaborative and develop resilience, as well as learn a skill that will enhance their love of music for a lifetime.



[Sweet smiles of success after coming second  
In the Youth Choirs Competition, March 2020]

The Maltings is a stringently risk-assessed rehearsal environment, fully compliant with Covid-19 regulations, including full sanitisation and social distancing. The Choirs' volunteers and professional musicians, themselves teachers, are up to date with the latest government advice and guidance and all are DBS checked.

Further information can be found on Luminosa's website [www.luminosamusic.com](http://www.luminosamusic.com),

on Facebook [www.facebook.com/LuminosaYoungandRisingVoices](https://www.facebook.com/LuminosaYoungandRisingVoices)

and Instagram [@luminosa\\_rising-voices](https://www.instagram.com/luminosa_rising-voices)



## **Alton Community Share has a new venue**

*By the community for the community*

After three months at the Community Centre, we're delighted to announce we have a new venue. From 12<sup>th</sup> September 2020, we'll reuse, recycle and re-launch at:

**St Lawrence Parish Centre, Church Street, Alton, Hampshire, GU34 2BW**

Alton Community Share will be open twice a month, on the 2nd and 4th Saturday of every month, from 10-12, starting from the 12th September 2020.

**Upcoming dates for your diary:**

**12 & 26<sup>th</sup> September 2020**

**10 & 24<sup>th</sup> October 2020**

**14 & 28<sup>th</sup> November 2020**

**12<sup>th</sup> December 2020**

We're very grateful that we have been able to secure a future for this initiative. Thank you to everyone who has supported us, by donating items, by visiting, borrowing items and volunteering their time. Thank you especially to the Revd Lynn Power and Revd Andrew Micklefield of The Parish of the Resurrection for offering a new home.

Alton Community Share was created by Alton Climate Action & Network as part of the Alton Town Council's response to COVID. Thanks to the amazing generosity of Alton residents, who donated hundreds of items to share with their community, we've been open four days a week, throughout the summer months, providing an eco-friendly swap shop of toys, games, books and activities to keep families busy during lockdown and the summer holidays.

- ❖ **Since opening on 10<sup>th</sup> June, we've supported over 90 families and individuals to keep busy or try something new.**
- ❖ **We've loaned over 1100 games, books, toys, jigsaws, musical instruments, films and craft activities.**
- ❖ **We had so many donations, we ran out of space to display them and donated over 300 books to local residential care homes, and over 400 children's books to local primary schools.**

We're delighted that we've been able to help so many people to keep busy, save money by not needing to buy new, and reduce waste by re-using things. We're pleased that we will be able to continue providing our lending library from a new venue. Anyone can borrow toys, games and activities, free of charge for up to 4 weeks, all donated by the community for the benefit of others.

Strict hygiene and control of infection rules are followed at all times. Items donated are quarantined to ensure there is no possibility of transmitting Covid-19 from them. Alton Community Share will ensure that the Parish Centre will be carefully organised with a one way flow to ensure social distancing.

### **Notes for editors:**

Alton Community Share is led by Alton Climate Action & Network and we're grateful for support from Alton Town Council, Alton Community Centre and the Parish of the Resurrection.

### **For further information:**

Alton Climate Action and Network at [AltonClimateNetwork@Gmail.com](mailto:AltonClimateNetwork@Gmail.com) .

Martin Wiles on 07423 162654

Philippa Brealey on 07866 389505

### **Information about Alton Climate Action and Network**

Alton Climate Action & Network brings together people from Alton and its surrounding villages to take action to improve biodiversity and reduce carbon emissions. Our groups are involved with initiatives from food, transport, energy and purchasing "stuff". ACAN also lobbies and works in partnership with local government. Further information see [www.altonclimatenetwork.org](http://www.altonclimatenetwork.org) or [facebook/altonclimate/](https://facebook.com/altonclimate/)

*Alton Climate Action & Network: Tackling the Climate Crisis Together*

# And Finally . . .

## The language of church-going

**BULLETIN:** Your receipt for attending the service.

**HOLY WATER:** A liquid whose chemical formula is H2OLY.

**HYMN:** A song of praise usually sung in a key three octaves higher than that of the congregation's range.

**INCENSE:** Holy Smoke!

**JUSTICE:** When your children have children of their own.

**KYRIE ELEISON:** The only Greek words that most Catholics and Anglicans can recognise besides gyros and baklava. (it means Lord have mercy)

**PEW:** A medieval torture device still found in many Anglican and Catholic churches.

**PROCESSION:** The ceremonial formation at the beginning of the service, consisting of altar servers, the celebrant, and late parishioners looking for seats.

**RECESSIONAL:** The ceremonial procession at the conclusion of the service – led by parishioners trying to beat the crowd to the carpark.

**RELICS:** People who have been going to church for so long that they actually know when to sit, kneel, and stand.

**TEN COMMANDMENTS:** The most important – and oldest – Top Ten list.

**USHERS:** The only people in the church who don't know the seating capacity of a pew.



### The November Copy Deadline is Noon Sunday 18 October - Please no late articles

Articles can be emailed to the editor [sunrise.alton@gmail.com](mailto:sunrise.alton@gmail.com)  
left in Parish Office or taken to 31 Shipley Close.

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